

Definition and Examples of Whole Grain Products

A whole grain food is one labeled as a whole grain product or with a whole grain as the primary or first ingredient in the product's ingredient label.

The local school review committee should review the ingredient list on the product's ingredient statement to determine whether a product meets the HealthierUS School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. Foods that bear the whole-grain health claim must:

- Contain 51% or more whole grains by weight
- Be low in fat

For further discussion on whole grain products, review the *Frequently Asked Questions* document on the Team Nutrition website:
<http://www.fns.usda.gov/tn/HealthierUS/index.htm> .